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POLICE VIOLENCE REPORT

1 Fifty-five percent of black millennials have either experienced police violence or harassment, or know someone who has, but they are more optimistic about the possibility of political change than their non-black peers. The study was by the Black Youth Project at the University of Chicago's Center for Study of Race, Politics, and Culture. **REUTERS**



FACTORY COLLAPSE

2 At least 18 people were killed and up to 150 trapped on Wednesday when a factory collapsed near the eastern Pakistani city of Lahore, officials said, adding to a number of industrial disasters to hit the South Asian nation. Rescue workers digging for survivors with construction equipment have recovered 75 injured people so far, said Mohammad Usman, a senior local government official who was on the scene. Eighteen dead bodies have also been found, he said. Around 150 people were feared trapped under the rubble. **REUTERS**

STABBER SHOT DEAD

3 A man who stabbed four people at The University of California Merced was later shot and killed by police. Two stabbing victims were flown out by medical helicopter while the others were treated on campus. All of the victims — two students, one staff member and a non-staff worker — were expected to recover. **REUTERS**



ALL PHOTOS GETTY IMAGES

BASK WHILE IT LASTS

7 New York enjoyed summery weather Wednesday with a high of 70 and plenty of sunshine. But a predicted spell of rain later today and tomorrow precedes falling temperatures with highs in the 50s expected for the weekend.

VW CARS TO BE RETESTED

4 Germany will retest all Volkswagen cars to gauge their genuine emissions levels after new revelations from the carmaker six weeks into its corporate scandal pushed the government to act. All current models sold under the VW, Audi, Skoda and Seat brands will be tested for carbon dioxide and nitrogen dioxide emissions. **REUTERS**



RUSSIAN STRIKES IN SYRIA

5 Eighty-five to 90 percent of Russian strikes in Syria have hit the moderate Syrian opposition, the top U.S. diplomat for the Middle East told a congressional committee. Anne Patterson also told a House of Representatives hearing that President Barack Obama is considering additional ways to "intensify" the campaign against the Islamic State, which has seized swaths of territory in Syria and Iraq. "The president is looking at a number of other efforts to intensify our efforts in this battle," she said. **REUTERS**

FB HITS ALL-TIME HIGH

6 Facebook Inc. (FB.O) posted a surprisingly strong 40.5 percent jump in quarterly revenue as new advertising services and its mobile app boosted ad sales at the world's largest social network. The stock rose about 5 percent to an all-time high of \$109.34 in extended trading, before paring gains to about 2 percent. **REUTERS**



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MTA shows off East Side access tunnels



The tunnels under Grand Central Terminal will be home to the east side access of the LIRR passenger concourse. **BESS ADLER**

The project to connect the LIRR to Grand Central is about 60 percent complete and on track to open in 2022.



WENDY JOAN BIDDLECOMBE
Wendy.Biddlecombe@metro.us

If the project stays on track, Long Island Rail Road riders will be able to hop on and off their train at Grand Central by December 2022.

The project is about 60 percent complete, said Michael Horodniceanu, president of the MTA Cap-

ital Construction Company, during a tour with reporters 150 feet below the terminal.

The project, which costs \$10.178 billion, will be adding eight tracks and a 350,000-square-foot passenger concourse below Grand Central.

Once complete, the MTA says the LIRR access will save thousands of commuters 30-40 minutes of travel time, reduce crowding at Penn Station and provide a quicker route to JFK.

The LIRR will eventually serve an estimated 162,000 riders, according to the MTA.

The MTA has already dug the tunnels below

Grand Central, and the construction will increase the number of tunnels below the East River to six

tracks from four — which the MTA currently shares with Amtrak.

In Queens, the MTA is working to reconfigure the Harold interlocking, a more than 100-year-old system that sees 780 train movements a day from Amtrak, New Jersey Transit, the LIRR and New York & Atlantic Railway.

"This is a project of historical proportions that we have never done be-

fore," Horodniceanu said.

Horodniceanu said the MTA is rebuilding and carving out the new tun-

"Like London, like Shanghai, like Paris, you need to have public transport."

Horodniceanu

nels as a way to stay a relevant metropolitan area with excellent transportation access.

"Like London, like Shanghai, like Paris, you need to have public transport, and it's important because it provides the ad-

ditional flexibility to bring people from the East Side of Manhattan to Long Island and vice versa."

"I don't know, it would depend on where I'm working," said Alyssa Rosello, an LIRR rider waiting for a train at Penn Station on Wednesday afternoon when asked if she would rather hop on at Grand Central. "I guess it would depend on the subway situation also."

David Alesci, an electrician who rides the LIRR for work all over Manhattan, said he "absolutely"

supports the MTA spending money on transit, but doesn't think Grand Central would help him out.

"This is a transit hub," Alesci said of Penn Station. "They should move it [the railroad] to the library where it originally was, because then the 7 train is closer and you can take it over to 42nd Street and there you are. So you don't have to take a shuttle."

The tunnel tour came a day after elected officials and transportation advocates cried inequity for East Harlem residents in the wake of the MTA slashing the Second Avenue Subway budget to \$535 million from \$1.5 billion.

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Low voter turnout in NYC elections



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Staten Island and the Bronx both got their first new district attorneys, while the council and Albany seats were filled after resignations.



CHESTER SORIA
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Election officials reported low turnout in the handful of races across the city on Tuesday as New Yorkers voted to fill city council and state legislature seats.

Democrat and former city councilman Michael McMahon defeated former Manhattan prosecutor Joan Illuzzi in Tuesday's election, becoming the first Democratic district attorney in Staten Island in 11 years.

Unofficial results from the city Board of Elections show 38,500 residents across the borough voted in the race. Recent state records show Staten

Island has 263,197 active voters.

McMahon replaced former DA Dan Donovan, who was voted into Congress in May.

Supreme Court Justice and Democrat candidate Darcel Clark took over the seat vacated by outgoing longtime Bronx DA Robert Johnson. Clark defeated Republican attorney Robert Siano.

Poll numbers low

Some 32,900 Bronx residents turned out to the polls, early election results showed. There are 639,833 active voters in the borough.

About 47,500 Queensites — of the borough's 1,030,897 active registered voters — voted for District Attorney Richard Brown's uncontested bid for a seventh term.

Republican state Assemblyman Joseph Borelli also won his race for Staten Island's 51st city council district unchallenged.

Former state Assemblyman Barry Grodenchik, a Democrat,

overcame Republican Joseph Concannon, a retired NYPD captain, to fill a seat vacated by former Councilman Mark Weprin in Queens for the 23rd District. Weprin left office for the Gov. Andrew Cuomo administration earlier this year.

Democrat Assemblywoman Roxanne Persaud will switch over to the Senate next year, taking over the seat vacated by embattled former Sen. John Sampson. Persaud defeated candidates from the republican and conservative parties vying for the Brooklyn district.

In Queens, Alicia Hyn-dman, a Democrat, will represent the 29th Assembly district after defeating GOP candidate Scherie Murray. The seat was formerly represented by Democrat William Scar-borough, who pleaded to corruption charges.

South Brooklynites in 46th Assembly district elected Democrat Pamela Harris, who defeated Republican Lucretia Regina-Potter to replace outgoing lawmaker Alec Brook-Krasny.

BRIEF

Wheelchair-bound man's wallet stolen in the Bronx

The NYPD is looking for a suspect they said robbed a man, knocking him out of his wheelchair as he waited for the elevator in his Bronx building.

The suspect, who police have identified as Jose Aguilar, allegedly stole the victim's wallet around 10 p.m. on Monday Nov. 2. Aguilar knocked

the man to the floor, took his wallet after a struggle and fled, police said.

No injuries were reported.

Aguilar is described as a 58-year-old Hispanic male, 5-foot-10 and 250 pounds.

Anyone with information is asked to call Crime Stoppers at 800-577-TIPS, submit their tip online or text their tip to 274637 (CRIMES) then enter TIP577. METRO



The suspect PROVIDED

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Claims against NYPD drop: report

Three of five agencies in Comptroller Scott Stringer's report saw an overall improvement in the number of claims filed.



CHESTER SORIA
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A drop in claims against New York City might soon mean less taxpayer money going toward lawsuits filed against city agencies, according to a report.

Comptroller Scott Stringer told Metro on Tuesday at least three of the five agencies that are hit with many of the claims have seen a drop in the past year.

Lawsuits against police for personal injury are down almost 13 percent in 2015, to 5,007 from 5,727 the year before.

Still, Stinger's office found the 44th and 46th precincts in the Bronx and Harlem's 25th precinct actually saw more claims for every complaint of a crime. More claims come from the South Bronx and upper Manhattan than any other part of the city.

Overall, the department saw a 12 percent drop in claims. Stringer credited his office's stronger relationship with the NYPD and cited the rollout of ClaimStat, a system he said improves tracking of claims. Stringer introduced the tracker last year to prune the \$670 million the city budgeted at the time to pay for claims.

The city increased its budget for claims since then to \$710 million. It also spent \$4.5 million to hire more attorneys to fight lawsuits against NYPD the administration said were "frivolous."

"And \$710 million can go a long way," Stringer



An NYPD officer FILE PHOTO

"Claims are really a leading indicator of problems with an agency." Stringer

said, pointing to city priorities such as homelessness and education.

Less successful than the NYPD were the Department of Sanitation and the Health and Hospital Corp.

Sanitation saw a 41 percent hike in claims of property damage, thanks to department vehicles. The HHC saw an increase

in claims to 902 from 876 in 2014, but also saw an increase in malpractice claims against the agency's hospitals.

"The de Blasio administration has implemented a number of new initiatives to drive down costs related to claims, while also continuing to bring police and communities closer together," de Blasio spokeswoman Amy Spitalnick said in a statement. "From the new unit focused on more strategic and streamlined handling of claims against police officers to increased, stable funding for tree maintenance, the city is committed to protecting NYC taxpayers."

Along with NYPD,

12%
DROP IN ALL CLAIMS
\$710
BUDGET FOR CLAIMS,
IN MILLIONS

the report gave high marks to the Parks Department, which saw a 47 percent decline in payouts since 2008 for incidents typically

involving falling trees limbs — standing at \$15.8 million from a high of almost \$30 million.

Claims against the Department of Environmental Protection, which often handles claims on sewer overflows, fell more than 140 in the past year.

"Claims are really a leading indicator of problems with an agency," Stringer said, "and the numbers are an indication that these agencies are taking risk management seriously."



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BRIEF

New York prison guard pleads not guilty on charges related to escape

A New York correctional officer accused of helping two convicts escape from a maximum security prison in June pleaded not guilty on Wednesday at his arraignment on a series of charges related to the daring break-out.

Gene Palmer, 57, is accused of giving a screwdriver and pliers to two inmates who later escaped

from the Clinton Correctional Facility in Dannemora, about 25 miles from the Canadian border in the Adirondack Mountains. In exchange, the veteran guard received paintings made by one of the inmates that he later burned in his backyard, prosecutors said.

With the defendant waiving his right to a secret grand jury proceeding to consider charges against him, Clinton County District Attorney Andrew Wylie said

the state was ready to go to trial. Judge Kevin Ryan of the Clinton County Court scheduled a pretrial conference on Jan. 8.

In an affidavit following his arrest, Palmer described a reciprocal relationship with the inmates, Richard Matt and David Sweat. In exchange for items like paints and pliers, Matt provided Palmer with insider information on prison life and what the guard described

as "elaborate paintings."

At least some of the tools smuggled to the inmates, including a hacksaw and screwdriver bits, were hidden within frozen meat provided by Joyce Mitchell, another prison employee.

Palmer was not charged in connection with that contraband when he was arrested on June 24. But prosecutors on Wednesday added a second charge of promoting prison contraband. **REUTERS**



A woman accepts a packet of prescription drugs. **GETTY IMAGES**

Senate panel probes drug firms over price hikes

The companies have been raising the prices of drugs.

Republican Chairwoman Susan Collins and Claire McCaskill, its top Democrat.

Also on Wednesday, Democratic members of a House of Representatives investigative committee asked Republicans to call a vote to subpoena Valeant and Turing.

A U.S. Senate panel on Wednesday launched a bipartisan probe into pharmaceutical pricing, seeking documents from four drugmakers including Valeant Pharmaceuticals and Turing Pharmaceuticals, companies embroiled in controversy over price hikes on lifesaving drugs.

The Senate's Special Committee on Aging also requested information from Retrophin Inc. and Rodelis Therapeutics, according to a statement from the panel's

These Democratic leaders called for an investigation of drug prices in September, emboldened by press reports of a more than 5,000 percent overnight increase in a toxoplasmosis drug made by Turing and a more than 600 percent increase in a blood pressure treatment from Valeant.

That investigation, along with news that Democratic Presidential candidate Hillary Clinton found the increases "outrageous" and the release of her plan to restrict drugmaker profits, has hurt their stock prices. Drugmakers and their defenders say drugs are priced to help enable discovery and development of innovative new treatments.

The effort has not yet been taken up broadly by Republicans. Investors and analysts have said it would take a wider bipartisan push to possibly change how drugmakers price their medicines. **REUTERS**

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People gather at the site of the cargo plane crash. **GETTY IMAGES**

They also said Kiir had

A witness saw 41 bodies, some of which were covered by cloth. A police officer also put the death toll at 41. Another witness counted at least 32 killed. Presidential spokesman Atey Wek Atey said the plane was carrying 18 people, including the six foreign crew, according to official documents.

The government continues to target civilians in oil-producing Unity state, said the experts, citing agencies which had reported more than 50 rapes in October and accusations that government troops shot into swamps at fleeing civilians. **REUTERS**

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ISIS bomb caused Russian plane crash: Security forces

Evidence now suggests that a bomb planted by the Islamic State militant group is the likely cause of last weekend's crash of a Russian airliner over Egypt's Sinai peninsula, U.S. and European security sources said on Wednesday.

Islamic State, or ISIS, which controls swathes of Iraq and Syria and is battling the Egyptian army in the Sinai Peninsula, said again on Wednesday it brought down the airplane, adding it would eventually tell the world how it carried out the attack.

The Airbus A321M crashed on Saturday in the Sinai Peninsula shortly after taking off from the resort of Sharm el-Sheikh on its way to the Russian city of St Petersburg, killing all 224 people on board.



A woman lights a candle at a makeshift memorial for the victims of the Russian Metrojet crash. GETTY IMAGES

The U.S. and European security sources stressed they had reached no final conclusions about the crash.

Britain on Wednesday cited the likely possibility of an explosive device as the cause of the crash,

but made no mention of any group that may have been responsible.

"We have concluded that there is a significant possibility that the crash was caused by an explosive device on board the aircraft," Britain's

foreign secretary, Philip Hammond, said after a meeting of the government's crisis response committee chaired by Prime Minister David Cameron.

Egypt, a close ally of the United States

and the most populous Arab country, dismissed a similar claim of responsibility for the crash by Islamic State on Saturday.

"It is believed to be an explosion but what kind is not clear. There is an examination of the sand at the crash site to try and determine if it was a bomb," said an Egyptian source who is close to the team investigating the black boxes.

"There are forensic investigations underway at the crash site. That will help determine the cause, to see if traces of explosives are found."

Sisi has described Islamist militancy as an existential threat to the Arab world and the West and has repeatedly called for greater international efforts to combat the militants. REUTERS

BRIEF

UK unveils powers to spy on Web use, raising privacy fears

Britain on Wednesday unveiled plans for sweeping new surveillance powers, including the right to find out which websites people visit, measures ministers say are vital to keep the country safe but which critics denounce as an assault on freedoms.

Across the West, debate about how to protect privacy while helping agencies operate in the digital age has raged since former U.S. intelligence contractor Edward Snowden leaked details of mass surveillance by British and U.S. spies in 2013. Experts say part of the British bill goes beyond the powers available to security services in the United States.

The draft was watered down from an earlier version dubbed a "snoopers' charter" by critics who prevented it from reaching parliament. Home Secretary Theresa May told lawmakers the new document was unprecedented in detailing what spies could do.

"It will provide the strongest safeguards and world-leading oversight arrangements," she said. "And it will give the men and women of our security and intelligence agencies and our law enforcement agencies ... the powers they need to protect our country." REUTERS

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Houston's 'bathroom ordinance' tanks

The measure was defeated by a 61-39 margin.

A failure to woo black and Hispanic voters is one reason Houston overwhelmingly rejected an anti-discrimination measure branded the "bathroom ordinance," making it the only major U.S. city without broad protections seen as key to competing for business.

The proposition was put forward to shield people from racial, ethnic, gender and other discrimination. But the "no" campaign argued that the law would give men access to women's bathrooms because transgender individuals would be allowed to use bathrooms matching their gender identity.

The measure failed by a vote of 61 percent to 39 percent in Tuesday's election in a major blow

to proponents including outgoing Mayor Annise Parker, who is openly gay.

Political experts said the wide margin implied that Democrats and voters with progressive values had crossed over to join social conservatives in voting against the ordinance.

"They didn't fully engage all the voters. They never did control the message in the minority community," said political consultant Marc Campos. "They never did engage in Spanish-language TV buying. I thought that was stupid."

Houston is 25 percent African-American and 37 percent Hispanic, and blacks are generally

overrepresented at the polls while Hispanics are underrepresented.

"They didn't fully engage all the voters. They never did control the message in the minority community."

Marc Campos

and military status.

The law applied to businesses that serve the public, private employers, housing and city contracting. More than 200 cities have such ordinances according to the Human Rights Campaign, an advocacy group for lesbian, gay, bisexual and transgender Americans. **REUTERS**

BRIEF

Mistrial for Alabama police officer who threw Indian man

A U.S. judge on Wednesday declared a second mistrial when a jury deadlocked again in the case of an Alabama police officer accused of throwing an Indian man to the ground, according to federal prosecutors.

Eric Parker, 27, was retried on accusations that he used unreasonable force while working as a Madison, Alabama, police officer. During his first trial in September, another jury in Huntsville, Alabama, federal court also deadlocked, resulting in the first mistrial.

Parker faced up to 10 years

in prison on a single charge of depriving the Indian grandfather, then 57, of his civil rights in a case that drew international attention.

Sureshbhai Patel, who testified in both trials, suffered serious injuries during the February incident that was captured on videotape. **REUTERS**

She's got her marching hat on



Russian nationalists take part in a "Russian March" celebrating National Unity Day, marking the 403rd anniversary of the 1612 expulsion of Polish occupation forces from the Kremlin Wednesday in Moscow. **GETTY IMAGES**

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Chipotle's E. coli outbreak threatens sales, bolsters critics

Chipotle Mexican Grill Inc.'s food poisoning outbreak in Washington state and Oregon threatens to scare diners away from the popular burrito chain and has become fodder for one of its most vocal critics.

Health officials are scrambling to identify the cause of the E. coli food poisoning that has sickened 41 people, most of whom dined at eight Chipotle restaurants in the greater Seattle and Portland areas.

All of Chipotle's 43 outlets in those cities have been closed since Oct. 31. The company is deep-cleaning the closed units, testing and replacing food and has hired consultants to tighten up its food safety.

Analysts expect the closures, and the negative publicity surrounding the outbreak, to depress sales at the roughly 1,900-unit chain that already was seeing its red-hot sales growth cool.

Shares in Chipotle, which has had two other food-safety lapses this year, closed 1.3 percent lower at \$614.98 on Wednesday. The stock closed at just over \$750 on Oct. 13.

The Center for Consumer Freedom, a critic of Chipotle backed by the food and beverage industry, on Wednesday took a swipe at the chain with a full-page ad in the *New York Post* reading: "You can't spell 'Chipotle' without 'E. coli'." **REUTERS**

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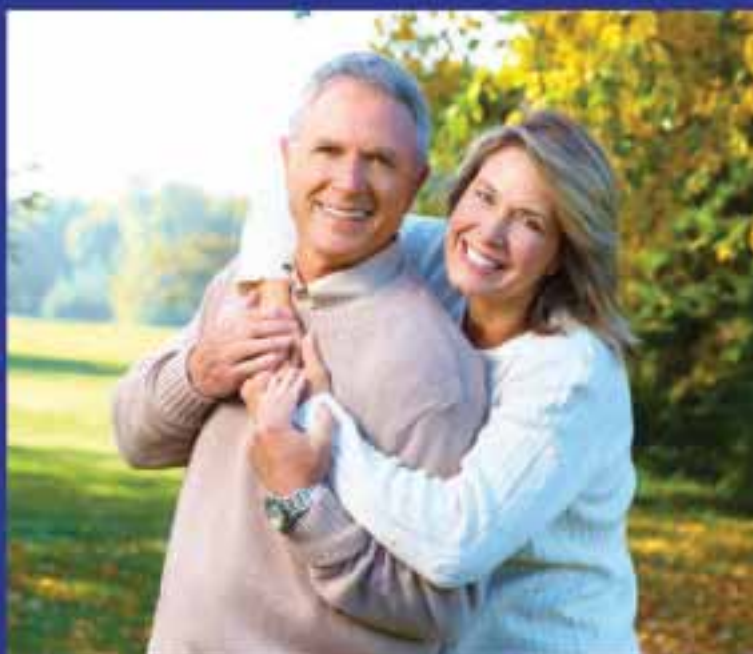
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Lil Wayne's property seized over jet debt

Lil Wayne's problems are definitely Rich People Problems. The rapper's Miami Beach mansion was stormed by cops Wednesday to seize property in connection with his dispute with private jet leasing company the Signature Group, according to TMZ. Law enforcement officials arrived to seize some "sizable" assets from the home because of Lil Wayne's failure to pay a \$2 million judgment against him in the company's suit against him that came down in September. He's also on the hook for \$200,000 in Signature Group's legal fees. The company initially sued Lil Wayne for failing to pay for two years of his three-year contract with it. Lil Wayne himself wasn't there to see the fracas, though — the rapper is in Los Angeles. In fact, according to paparazzi, he visited the Ace of Diamonds strip club Monday night. He might need a return visit to cheer him up after today.

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Why would you try to steal Serena Williams' phone?

In the pantheon of dumb criminals, this guy who thought he could outrun Serena Williams has got to be one of the dumbest. The tennis champ took to Facebook to regale fans and friends with a tale of a dinner out for Chinese food ("delicious, I may add") turning into an audition for Wonder Woman. "When least expected, lo and behold this common petty thief grabbed my phone and swiftly left," she writes in the post, which was accompanied



by a photo of her photo-shopped into a Supergirl costume. "I jumped up, weaved my way in and out of the cozy restaurant (leaping over a chair or two) and chased him down. He began to run but I was too fast. (Those sprints came in handy). I was upon him in a flash!" She confronted her adversary, who played dumb and claimed he'd grabbed the wrong phone. Sure, buddy. That explains the

running.

Williams ends her post with a not-so-subtle reminder that she'd make a great superhero, if Marvel or DC are looking for anyone: "Superhero? Maybe? Or HELL YEA!! I've got the speed the jumps, the power, the body, the seduction, the sex appeal, the strength, the leadership and yet the calm to weather the storm," she boasts, and rightfully so.



@LilTUNECHI

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Wild Belle on creating a magical 'Dreamland'

Wild Belle talks about rocky relationships and their new, bigger, bolder sound.



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Natalie Bergman, one half of the brother-sister psychedelic pop duo Wild Belle, doesn't shy away from talking about relationships. It's the constant muse for her songs, the latest of which is "Giving Up On You," about a rocky romance she ended shortly after writing the song.

"The funny thing is, I was writing about the demise of the relationship before it was even over," she says. "The song is about overcoming a relationship that was very torturous. I had to destroy it because it was killing me."

Bringing the boom

Along with her brother Elliot Bergman, she has been working on their sophomore album "Dreamland" for the past two years. It's finally done — slated to be released January 16, 2016 — and the single teases a bigger, fuller sound than their debut, "Isles."

While the new album will still have the synth island feel that Wild Belle is known for, the



"Shed and shred, that's my motto," says Wild Belle's Natalie Bergman. PROVIDED

new album includes harp guitars and arps, a synthesizer Bergman says sounds like a helicopter and adds a lot of fire to the album.

Building on childhood dreams

When Bergman talks about her brother Elliot, it's with respect and awe. "He's one of my biggest inspirations and

I'm blessed to have such an amazing brother, who has taught me so much about music," she says. While Natalie is responsible for Wild Belle's lyrics, Elliot is more of the soundsmith, particularly for "Dreamland."

Natalie says when she was 10, Elliot gave her a compilation of Jamaican female vocalists doing cover songs and one track, Della Humphrey's

"Dreamland," really stuck with her.

"Now, after all these years, I get to put out my own record, 'Dreamland,'" she says.

Often when they go into the studio together, they don't have a plan and Bergman says what results is "happy accidents."

"The goal is to make something beautiful and something people

want to be a part of and that they've never heard before," she says. "We want to create a universe that welcomes everyone but no one has ever seen."

Shed and shred

Bergman says making "Dreamlands" was a healing experience for her, a way to move past toxic love and bad hab-

its. To her, writing songs about past heartbreak doesn't open up old wounds; it salves.

"It's actually very empowering to reflect on things that moved you and then destroy you," she says. "Working on these songs was a good shredding time for me and when I perform them, that's another time to shed. Shed and shred. That's my motto."



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Attributes: poultry

Calories: 715 kcal/person

Allergens: gluten, milk

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- 3 carrots (3.5 oz total)
- 1 onion (6 oz)
- 2 celery (3 oz total)

- 2 cloves garlic (0.4 oz total)
- 12 oz boneless, skinless chicken thighs
- fresh thyme sprigs (0.15 oz)
- 8 oz chicken broth
- 1 1/2 tsp baking powder (0.25 oz)
- 6.75 oz milk
- 1 cup frozen peas (5 oz)

What you need

- freshly ground black pepper
- coarse salt
- olive oil
- allpurpose flour

Equipment

- pot

Directions:

1 Prep ingredients

Peel and chop carrot, celery, onion and garlic. Cut chicken into 1-inch pieces.

2 Brown chicken

Season chicken with pepper and salt. Heat 1 tablespoon

oil in a pot. Add chicken in a single layer and cook until well browned. Stir chicken and cook for 2 minutes.

3 Cook vegetables

Add onion, carrot, celery, garlic and half the thyme sprigs to pot and season with pepper and salt. Cook for 3 minutes.

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4 Simmer

Return chicken to pot and add chicken broth and 1/2 cup water. Bring to a boil then reduce to a simmer. Simmer partially covered for 20 minutes.

5 Make dumplings

Remove leaves from remaining thyme sprigs and chop. Whisk together 1/2 cup flour, baking powder and 1/2 teaspoon salt. Slowly whisk in 1/2 cup milk.

6 Add dumplings

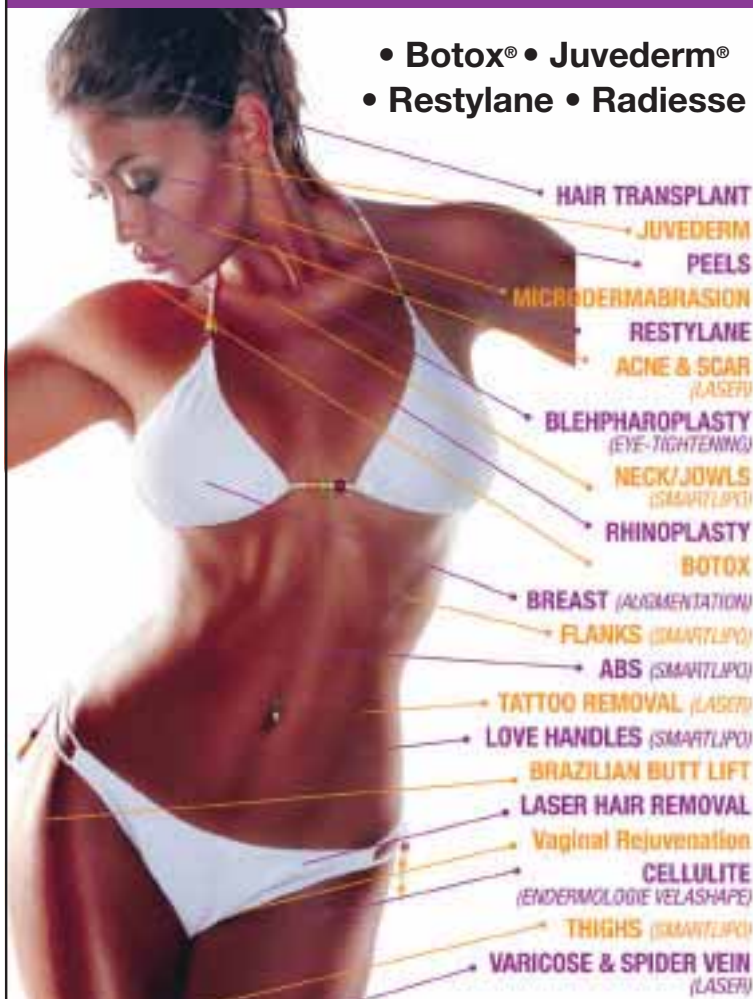
Stir peas into pot, then drop dumpling batter by the spoonful on top. Sprinkle dumplings with thyme and few grinds of black pepper. Cover and simmer until dumplings are firm, about 10 minutes.

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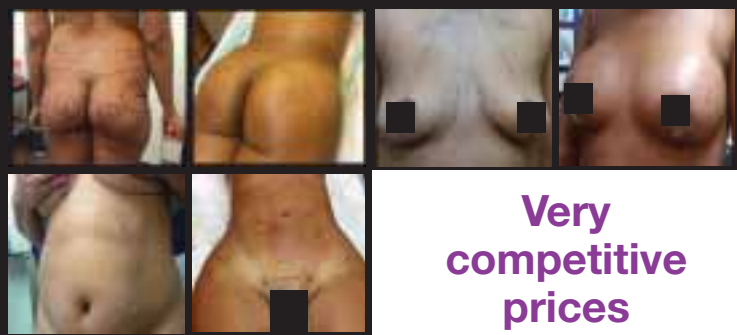


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Why Bumble is the perfect feminist dating app

Founder Whitney Wolfe wants to give women the upper hand when it comes to approaching men.



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Bumble is the buzzy dating app that puts women first. It's the brainchild of tech entrepreneur Whitney Wolfe, who wants to give women the chance to make the first move, without the social stigma or judgemental comments from men.

The app works on a premise similar to Tinder, with users swiping right to like a photo or left to reject. But there's one huge difference. Following a mutual right swipe, only women can initiate a conversation, and if they don't start talking after 24 hours, the match disappears. It's tough love.

This pro-female angle was perhaps born out of Wolfe's ousting from Tinder in 2014 by

Justin Mateen, her former boyfriend and fellow co-founder of that app. Wolfe is still restricted about what she can reveal about the fallout following a sexual harassment and discrimination lawsuit against her ex-partner and an alleged \$1 million settlement.

That messy breakup is, for the 26-year-old, old news. Her new app already has over 1 million users and, as Wolfe explains to us, Bumble is the queen bee — a honey pot for women and men alike.

There's nothing stopping women from making the first move already, so what makes your app empowering?

It is not uncommon for women to have the desire to make the first move. There have been times when I was at a bar with my friends and we saw a good-looking guy, and we all wanted to go and speak to him. But none of us did because we were scared that he would think ill of us for making

the first move. Bumble tells women, "Go after what you want; no one is going to judge you here."

You co-founded Tinder; why did you go back into dating apps? Were you at all tempted to try something a bit different?

I was very opposed to going back into the dating industry. I almost didn't, to be honest with you. I was going to create a platform aimed at eliminating bullying on social media. I think it is a huge problem and not enough people are doing anything about it. I was going to start this when my current partner in Bumble, Andrey Andreev, made me change my plans. He loved where I was going, but he said, "I think you shouldn't give up on the dating industry. There is still a big void, so why don't you just give it another shot?" He thought I should use that passion and shift it into dating, and that's exactly what we did.



Bumble founder Whitney Wolfe JORDAN DOWER

The majority of dating app users are men, so doesn't Bumble's format cut into your figures by giving more power to women?

It's funny because a lot of people said to me at the beginning, "You are crazy to do this. No guy will ever join this." And I said, "Oh really? Let me go down the street and set up a party with 100 women, and I can bet on my life that the bars in that area will get empty, and they will all come to the party." Wherever the women are, that's where the men will go.



An up-close look at Bumble. MWN

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New 'Star Trek' show means a new hope

JENNA BUSCH

Geek Girl in Hollywood

Jenna Busch takes on the way pop culture snubs its female fans. For more columns, visit metro.us/jenna-busch as well as her site, [legion of leia](http://www.legionofleia.com) (www.legionofleia.com)



It's finally happening: We're getting a new "Star Trek" series. The announcement happened Monday, and it's all anyone is talking about on the Internet. "The brand-new 'Star Trek' will introduce new characters seeking imaginative new worlds and new civilizations while exploring the dramatic contemporary themes that have been a signature of the franchise since its inception in 1966," said the official announcement on CBS.com. The show isn't related to the film "Star Trek Beyond," but no one knows much more about it. (Well, we do know that it will stream on CBS's paid service, but that's



Leonard Nimoy's Spock greets another species in the 1967 "Star Trek" episode "Amok Time." GETTY IMAGES

another article entirely.)

I'm a "Star Wars" fan, tried and true. However, that doesn't mean I'm not a huge "Star Trek" fan as well. In fact, I've loved the show ever since I was a little kid and watched reruns of the original series. Heck, I co-wrote chapters in the upcoming book "Star Trek Psychology: The Mental Frontier." Why? "Star Trek," despite the conflict on other worlds and with other peoples, is inherently about the goodness of humanity (whether you're human or not) and acceptance. It's about the drive to make things better. Though I'm not sure I believe we still have that in us (hey, I work on the Internet), I'd love to believe in our better angels, and watching the show gives me hope.

I recently had to rewatch a ton of episodes for the book I co-

wrote, and I swear to you, I was nicer to people in traffic for just a little while.

"Star Trek" has been groundbreaking in so many ways, from the first interracial kiss on TV to showing a woman in a military command position to discussions about religion, to showing a society without one.

The idealism of "Star Trek" may seem like innocence in a time like ours, but the show showed us that belief in the "better" is never wrong. Whatever you think of the new films, whichever series was your favorite ("The Next Generation" for me), there is something hopeful about the show.

It was never afraid to take on big ideas or ask hard questions. Sometimes stories don't resolve. Sometimes people just die. (I'm

still not over Tasha.) We hope for utopia at the same time we see utopian societies fail, and we still keep striving.

It's long past the time for this. My geeky little heart is happy. New "Star Wars" and new "Star Trek"? Hey, maybe world peace is possible, too.

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Aries Procrastinating will get you nowhere. Get unpleasant tasks finished so that you will have more time to do the things that you find satisfying.



Taurus A charismatic attitude will make others take notice of what you are doing. A polished presentation will bring you greater recognition.



Gemini Just because you are a go-getter doesn't mean you can't become overwhelmed. Consider what you have taken on.



Cancer Reconsider an offer that was presented to you in the past. Something you enjoy doing can turn into a paying gig.



Leo Listen carefully to what's being said, but unless you are asked for your advice, don't give it. Your attempt to help will be interpreted as meddling.



Virgo A costly mistake will result if you are impulsive. Prosperity can be yours if you are patient. Make sure you have all the relevant factors in place.



Libra Make your home more orderly and efficient. Rid yourself of items you no longer use and make your home a refuge.



Scorpio Keep your workplace friendships professional. You may have things in common, but becoming involved will have negative effects on your future.



Sagittarius In order to keep moving forward, you will have to make the first move. Don't wait for someone else to showcase your ideas.



Capricorn Don't slow down when you are so close to the finish line. Don't waste the groundwork you've so diligently put in place.



Aquarius If you hit a snag, confer with successful people who can offer sound advice. A second opinion will help you calculate your options.



Pisces Your emotions will cause havoc to your schedule. Avoid impulsive behavior or rash decisions and think deals through. **EUGENIA LAST**

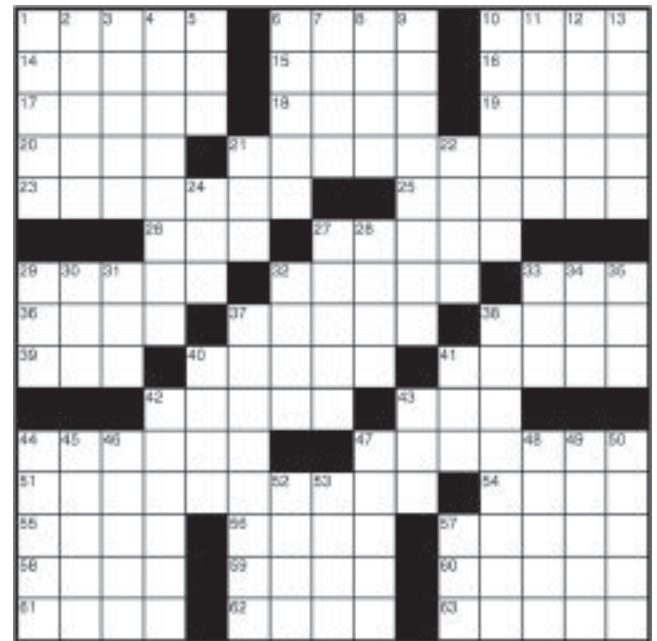
Across

1 "48 Hrs." lead
6 Steel-mill refuse
10 Low-lying clouds
14 Fundamental fact
15 Rinse
16 She, in Seville
17 Minor dents
18 Straw in the wind
19 Warden's fear
20 — fixe
21 Interplanetary explorer (2 wds.)
23 Governments delight in it (2 wds.)
25 Bred, as rabbits
26 Road-atlas abbr.
27 Preacher-like
29 Thick soup
32 Skier's bump
33 Win at rummy
36 Fitzgerald's poet
37 Metric pounds
38 Leaf juncture
39 Popular shift
40 Advise against
41 November stone
42 Glass squares
43 Building site
44 Squire around
47 They always get whacked
51 Flip (2 wds.)
54 Clump of grass
55 River source
56 Irene of "Fame"
57 Leg bone

58 Woodworking tool
59 Clingy fabric
60 Nonreactive
61 Not e'en once
62 Omigosh!
63 Say yes

Down

1 Lowest ebb
2 Nitrous — (laughing gas)
3 Like a tablet
4 Side by side
5 911 responder
6 It's not on the level
7 Sand mandala builder
8 With, to monsieur
9 Ready to share
10 — wheel
11 Hedgepods
12 Library fixture
13 Jaded
21 Dangerous job
22 Rudd or McCartney
24 Blow away
27 Ends of the earth
28 Horror-film servant
29 Bean hull
30 Thurman of "Gat-taca"
31 Moonbeam



32 Trifling amount
33 DDE's party
34 Wyo. neighbor
35 Pierre's nose
37 Home of Mammoth Cave
38 Scoring music

40 Pub missile
41 Coal measure
42 Weigh carefully
43 Embroider, maybe
44 Fictional Frome
45 Type of jacket
46 Fad

47 — tectonics
48 Edible root
49 Like a house —
50 Say explicitly
52 Rajah's consort
53 Game-show prize
57 — Maria

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/games

metro.us/sudoku

easy

9	5							8
			6	8	1	5	7	
	1		7					
1		5				7	9	
		3		6		8		
	4	8				3		6
					2		5	
	8	9	4	1	7			
4							8	1

hard

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9						4	2	
7	8		6					
				5				
					7		3	6
1	9							5
2				6			1	
		4	1		3	8	2	9

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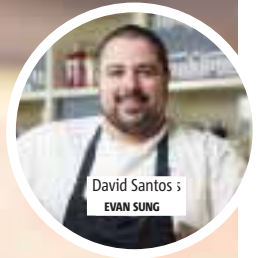
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WHERE TO EAT, DRINK & PLAY

The next trend in chicken

There's nothing hotter than fried chicken — except hot chicken.



EVA KIS
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Every time it seems like fried chicken's 15 minutes are up, it finds a way to reinvent itself and restart the clock. Two of last year's best openings — Birds & Bubbles, where it's served alongside no less than flutes of bubbly, and the intensely Southern charmed Root & Bone — leaned heavily on the crispy bird to make their names.

And it was back this summer, this time on a roll. First (and most notably) came David Chang's Fuku, whose spicy-fatty fried chicken sandwich is solid enough to build the next great fast-casual empire on. Then Shake Shack introduced its own version, while the line outside the city's first proper Chick-fil-A on Sixth Avenue is so perpetually long that it's had to implement a theme-park-style system to manage it.

Now that thoughts are (slowly) turning to comfort food, there's yet another take on fried

chicken making a play for glory: hot chicken. Originally from Nashville, the dish is shrouded in some mystery because the restaurant where it was (allegedly) invented, Prince's Hot Chicken Barbecue, doesn't let cameras into its kitchen, much less provide a list of ingredients.

Consequently, methods vary among restaurants there (and most do have it on the menu), but the dish most commonly gets its heat with oil brushed onto the butter-milk-marinated chicken after it is fried, traditionally in a pan. A small mountain of cayenne pepper dominates the spice profile, with chili powder, paprika and a touch of sugar thrown in as well.

The concept actually arrived in New York City years ago at Peaches Hot-House in Bed-Stuy, which slings a notoriously hot version made with ghost chiles. But hot chicken hasn't caught on much outside its hometown.

"It's funny, because I didn't think of it as being a thing," says chef Carla Hall, the "Top Chef" favorite born in Nashville who's opening her own hot chicken-focused restaurant in December in Brooklyn. "It was just



PROVIDED

something that we ate, it wasn't a trend. It's one of those Nashville things, like sweet tea and caramel cake; I didn't really come to appreciate them until I went to other places."

Though the best fried chicken was found at her grandmother's table, Hall, 51, says it was never hot chicken. She created her own recipes, with six degrees of heat, for Carla Hall's Southern Kitchen, a cozy 26-seat affair at 115 Columbia St., with a take-out window and just one fryer — so no hot fish, she says with a sigh.

"The thing that we're doing that probably isn't

as traditional is we're adding a little more sweet, and maybe a little bit more savory to the heat so it's not just gratuitously hot," she says. "I don't want to take a bite of something and all of a sudden I can't eat anything else."

Besides the chicken, Hall is looking to rehabilitate the image of Southern sides, with an all-vegetarian supporting cast of dishes like baked mac 'n' cheese, collard greens, coleslaw and a mixed sweet-Yukon potato salad.

At Greenwich Village's Bark Hot Dogs, the buns and franks are making way for a reprise of chef David Santos' hot chick-

en pop-up this Friday from 5-7 p.m. Santos, 36, who has been without a kitchen since his well-loved foodie experiment Louro closed in June due to a rent hike, got the counter space from owner Joshua Sharkey, a good friend from college and fellow Boule alum. Diners at the pop-up, which started in September, can get their hot chicken in sandwich form on a Martin's potato roll with housemade pickles and ranch dressing, or order a whole bird in advance (\$55) through Eventbrite.

"I've always been a fan of fried chicken, and I love spicy food too, all sorts of spicy food whether it be Mexican-style spicy or Thai spicy or whatever it may be," Santos says.

Those two things collided when he saw his friend Sean Brock visit Prince's on an episode of "Mind of a Chef," and he began to do research to figure out the history and flavor profile of the dish. The use of pork fat in the spicy oil intrigued him, and he began serving hot chicken about a year ago at Louro's Sunday night Nossa Mesa supper club dinners.

The restaurant version

kept it traditional, but for the pop-up he's working on a version made with schmaltz, the rendered chicken fat common in Jewish cuisine. "Not everybody eats pork, right?" he points out. "Also, I love chicken fat. The flavor profile doesn't rely heavily on the fact that it's made with pork fat; it relies much more heavily on the spices I put into it." He also adds some fresh ingredients, as well as a Portuguese twist with olive oil and piri piri.

Santos' hot chicken has three intensities: mild, hot (he calls it a "very comfortable hot") and the extra hot, which should be heeded as such.

That he's dabbling in the fast-casual world just as it's heating up is a coincidence, but he's a fan of the concept. Louro's 100-hour weeks took a toll on him, physically and mentally, and this project is giving him a chance to concentrate his efforts to create a memorable dish.

"[Single-concept restaurants are] so individualized: This one thing, this is all the chef does, all day, and you'll have the best of this [dish] if you go there," he says. "That's a pretty cool idea, if you just take one thing and make it great."

Listings



MINDY TUCKER

COMEDY

Trump/Sanders Mock Debate

Nov. 11, 8 p.m.
The Bell House
149 Seventh St., Brooklyn
\$20-\$25, Thebellhouse.com
The 2016 presidential race has been far from funny — sure, there are a lot of kooky characters, but the idea of them in office is terrifying. Two comedians from the Upright Citizens Brigade, James Adomian and Anthony Atamanuik, are taking this dilemma all the way to its natural conclusion: a face-off between Donald Trump and Bernie Sanders in a fantasy debate for the highest office in the land.

New York Comedy Festival

Nov. 10-15
Multiple locations
NYcomedyfestival.com

Roy Wood Jr. started as a correspondent when Trevor Noah took over as host in September. COMEDY CENTRAL

Can someone point Roy Wood Jr. to the 7 train?

The new “Daily Show” correspondent is learning his way around; catch him at the New York Comedy Festival.



EVA KIS
@thisiskis
eva.kis@metro.us

Over the course of his career in comedy, Roy Wood Jr. has been coming to NYC a handful of times each year for shows. But as all new residents discover, living here is totally different.

“The biggest issue for me has been figuring out the commute,” says the comedian, who arrived in NYC six weeks ago. “With my stand-up background, over the course of two vehicles I put half a million road miles on the odometer. Now, I’m just lost. I can literally get myself from Birmingham, Alabama, to Sioux Falls, South Dakota, no map, no MapQuest, no GPS, no nothing. Now, I can’t get from Chelsea to Williamsburg!”

Wood, 36, a veteran comic known for everything from prank calls on his radio show to the TV series “Sullivan & Son,” moved to NYC as one of the new correspondents when Trevor Noah took over as host of “The Daily Show.” (He walks to the studio from his Midtown West apartment.) Next week, he’s part of the all-star lineup of “Comedy Central Live in Brooklyn,” part of the 12th annual New York Comedy Festival. (He’s taking a cab to the show.)

We chatted with Wood about what he’s looking forward to doing at his new post, what makes stand-up special, and how chicken nuggets and open-carry laws both fuel his comedy.

How’s “The Daily Show” gig going?

They’ve been very cool about allowing the correspondents to have a lot of input on what they think is funny and the angle on which we could approach it. It’s a collaborative effort with your field producers, but it very well could’ve just been, “Here’s the story, go get it.”

Is there anything you’re looking forward to addressing?

Being able to get out into the debates and really figure out ways to expose the candidates and their supporters to the truth of what a lot of these issues should be. Because in an election in this

country, we lose sight of the issues that need to be debated for the sake of looking at these people like characters; it’s almost like we’re voting for class president.

Where do you find inspiration for your comedy?

For me, anger and annoyance are the fuels. And it could be mundane, it could be something as simple as, why are restaurants charging extra for sauces when you order chicken nuggets? Or it could be something much more serious with regards to open and concealed carry permits in schools for the parents.

You’ve done mostly TV recently, what draws you back to stand-up?

I never fell out of love with stand-up. I still enjoy watching it, I still enjoy going to live shows, sitting down, having a two-drink minimum and just listening to somebody share their thoughts.

EXHIBIT

The Secret World Inside You

Nov. 7-Aug. 14, 2016
American Museum of Natural History
\$27 adults, \$16 kids; AMNH.com
Museums are usually for preserving knowledge, but the newest exhibit at AMNH is about a field that’s changing almost daily. Scientists are just beginning to figure out how our individual microbiomes — the trillions of bacteria, viruses and other organisms who call us home — influence everything from our health to our behavior and emotions. Explore the world inside you through interactive stations, larger-than-life exhibits and presentations.

MUSIC

Indigo Girls

Nov. 5, 8 p.m.
Beacon Theatre, 2124 Broadway
\$54.50-\$64.50, Indigogirls.com
Longtime indie sweethearts and liberal political activists the Indigo Girls are passing through New York City this week, for one night only. Starting at 8, the formidable folk rock duo plays the Beacon Theatre, where they’ll be joined by guest artists A Fragile Tomorrow. Though fans can count on an array of favorites, the tour will also highlight new hits from their June 2015 album, “One Lost Day.”

DRINKS

Cider Week NYC

Nov. 6-15
Multiple locations

Free-\$95, Ciderweeknyc.com
Cider is booming, with the first brewery opening in the city and more brands and flavors than ever before hitting mainstream bars and shops. There’s no better place than New York for apples, and there’s no better time for cider than fall. Show your appreciation for the movement with Cider Week NYC, which features 10 days of events from tastings and food pairings to classes and parties. Tickets to each event are bought separately, with plenty of free activities.

Great Beer Expo

Nov. 7, 12:30-4 p.m., 5:30-9 p.m.
Belmont Racetrack
2150 Hempstead Turnpike, L.I.
\$12-\$60, Greatbeerexpo.com
Finally, a real reason to get on the LIRR: The Great Beer Expo is returning to Nassau. Now in its eighth year, the expo will feature more than 75 brewers with over 100 beers to sample (including several ciders, shandys and more). Get to one of two 3.5-hour sessions in the afternoon or evening, with \$12 tickets for non-drinkers, too. The price includes entry and a take-home souvenir glass.

NYC Wine Week

Nov. 9-13
Various locations
\$30, cbsloc.al/nycwineweek
Since it’s still somehow bar crawl weather, invest in a wristband for discounts at over 35 bars across Manhattan, Queens and Brooklyn. Your pass is good for \$4 pours and appetizer deals, sponsored by CBS New York, at spots including Jones Wood Foundry and The

Shakespeare.

FILM

Urban Action Showcase

Nov. 8-10
Multiple locations
\$20+, Urbanactionshowcase.com
Get into the art and science of action movies at this international film festival and expo. The official fest is also bookended with events like the Nov. 7 screening of “Legends of Freestyle,” a documentary by Steve Stanulis. This year honors three cult classics: “Mortal Kombat,” “The Last Dragon” and “American Ninja.” Tickets get you into screenings, the expo (with panels and workshops), the awards ceremony and/or the after-party at Skyroom.

TALK

TED Talks Live: ‘Science & Wonder’

Nov. 5-6
Town Hall
123 W. 43rd St.
Free-\$100, TED.com
Explore the universe and pursue the meaning of our feeble existence through presentations, videos and performances during the final chapter of TED Talks Live. “Science & Wonder” features talks from Juan Enriquez, an expert on genomic code, and Latif Nasser, reporter and research director for Radiolab. Each show is hosted by comedian and activist Baratunde Thurston. Tickets are free to educators and students who RSVP, or \$100.
T. MICHELLE MURPHY

St. Lucia: Paradise found

ALL PHOTOS SHUTTERSTOCK

St. Lucia is one of the loveliest islands in the Caribbean, thanks to its rainforest, beaches and dramatic volcanic spires.

There is a sign at the top of Tet Paul nature trail in St. Lucia that points towards rough steps cut into the bank. They are, if the sign is to be believed, a stairway to heaven — and whoever put up the sign knew what they were talking about. The view from the top, over the two Pitons that are this Caribbean island's trademark, is indeed heavenly.



St. Lucia is sandwiched between the islands of Martinique and St. Vincent, and is a favorite call for cruise ships sailing one-week voyages from Barbados or longer Southern Caribbean itineraries from Miami or Fort Lauderdale. Most ships visit in winter,

when temperatures average 80 degrees. Between June and November, don't be surprised by the occasional tropical shower.

Big ships dock in the capital, Castries; smaller vessels operated by the likes of SeaDream Yacht

Top three excursions on St. Lucia

- **Hotel Chocolat Boucan's (Hotelchocolat.com)** Tree to Bar tour starts with a walk through the hotel's estate to pick cocoa pods and ends with a lesson in how to make your own bar of chocolate. Non-residents must pre-book.

- Saddle up and set off for a horseback ride along the island's north coast beaches (**Islandroutes.co.uk**) before cooling off in the sea — while still on your steed!

- See the dramatic Pitons the easy way — on a 20-minute flightseeing helicopter tour from Castries (**Stluciahelicopters.com**). The journey takes you over Marigot Bay, the Sulphur Springs, waterfalls and coral reefs.

Club, Star Clippers and Windstar anchor in picturesque bays and tender passengers ashore. Once on terra firma, activities

await, from catamaran sailing to fishing and even golf. You can go "snuba diving" (a cross between scuba diving and snorkeling) off Pigeon Island or zip-lining

through the rainforest canopy.

There are guided Segway tours from Rodney Bay, nature walks through the rainforest in search of the St. Lucian Parrot, the island's national bird, or hikes up to Fort Rodney on Pigeon Island. It was built by British Admiral George Rodney in the 18th century to spy on the French naval base in Martinique.

If that sounds too strenuous, island tours take in the aforementioned Tet Paul and also Sulphur Springs, known as the world's only drive-in volcano, where bubbling pits of lava are hot enough to boil an egg. If time allows, take a dip in the nearby mud baths, which are said to be good for the complexion.

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Otsego Lake



Home runs and hops in Cooperstown

Best known for the Baseball Hall of Fame and Museum, Cooperstown's other diversions include art, breweries and Otsego Lake.

Even those with only a passing interest in the sport enjoy the stories of the personalities and history of the game at the **Baseball Hall of Fame and Museum in Cooperstown**, New York. Dedicated fans spend days here. See newsreels of early games (and Abbott and Costello's "Who's on First?" routine), displays about baseball's impact on America and equipment used in significant games or achievements. The Hall of Fame (BaseballHall.org) has the reverential air of a cathedral. Baseball and beer go together, so it's fitting to find thriving breweries. This was once a major hops-growing region and farmers are starting to

reintroduce them. **Ommegang Brewery (Ommegang.com)** works with Cornell University to identify strains that do well locally. The tour and tasting is fun and informative, and the restaurant pairs food with Ommegang brews. The **Cooperstown Distillery**

(Cooperstowndistillery.com) produces bourbon, whiskey, gin and vodka, and is experimenting with brandy. James Fenimore Cooper lived here and used Lake Otsego as inspiration for “The Leatherstocking Tales.” The lake is nicknamed **Glimmerglass** because on quiet days the water is so still that it reflects the landscape like a mirror. Native American tribes met on the shores and you can overlook the lake and Council Rock where they met at a small park.

At the Fenimore Museum (Fenimoreartmuseum.org), paintings from the Hudson

River School — artists inspired by the region — are displayed so intimately that you can see every detail. The museum also has a significant collection of Native American clothing, beadwork, weaving and ritual objects. Locavore is a lifestyle here.

Restaurants boast about their locally sourced and fresh ingredients, which are paired with small-production local wines. **Bocca Osteria Restaurant** (Boccaosteria.com) has a sophisticated Italian menu in a casual bistro setting. Get lost on a drive along the scenic back roads and look for roadside stands with the last of the autumn harvest.

The upscale, Federal-era **Cooper Inn (Cooperinn.com)** is set in its own park just steps away from Main Street. If B&Bs are your preference, book a stay at the **Rose and Thistle (Rosenthistle.com)**.

INSIGHT GUIDES | FRAN SEVERN



Don't miss

Nov. 5: A new permanent exhibit at the Baseball Hall of Fame, "Whole New Ballgame," looks at the sport and its changes and influences since the 1970s.

Nov. 5-9: During Glimmerglass Film Days (Glimmerglassfilmdays.org), “Sacred Places” explores the concept of natural sacred places and the effect that humans have on them.

Weekends in November: Wassailing at Fly Creek Cider Mill (Flycreekcidermill.com) includes learning how to make the traditional holiday drink. Don't miss the apple cider donuts.

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OPPORTUNITY KNOCKS AHEAD OF NFL WEEK 9

It's moving time in fantasy football. With just five weeks left in most leagues' regular seasons, we have to throw caution to the wind.

The bad news is that Week 8 was the worst week we've had all year for injuries. The good news is that's opened up a ton of opportunities for active and aggressive owners. We can attack the waiver wire for strong value and pounce on desperate owners in trade situations. Some fallout from the injuries:

Marky Mark to the house

Khiry Robinson's season-ending leg injury is big news for Mark Ingram. The notion that the Saints use a three-headed committee at running back regardless of available talent is misguided. Note that when Pierre Thomas was injured last year (Weeks 4-7), Ingram averaged 29.0 touches per game. And in the six games Khiry missed last year, Ingram was at 25.7 touches per game. Ingram, who is currently at 18.9 touches, is about to get a nice boost.

Wondering about Stevie

Keenan Allen and Phil-

ADAM LEVITAN

FANTASY SPORTS

Adam Levitan is a Fantasy Sports columnist for Metro US. He is also a DraftKings analyst and co-host of The Daily Fantasy Football Edge podcast. @AdamLevitan



mean the Steelers are south on him. They remember the first two weeks of the season, when Williams played on 87.6 percent of the snaps and got 23.0 touches per game. With a near-every-down role in one of the game's best offenses, Williams will be a top-10 running back the rest of the season.

NFL news

Vernon Davis has fallen off a cliff the last two seasons. But was that because of a skill-set decline or was it due to a regressing, dysfunctional San Francisco offense? I suspect it was the latter, as Davis still runs like the wind and 31 isn't overly old for a tight end. Now that he's been acquired by the Broncos, the ceiling returns.

Gary Kubiak is a strong proponent of the two-TE package as a base formation and Owen Daniels simply couldn't get it done anymore. Expect Davis to see find plenty of openings in the seam with Demaryius Thomas and Manny Sanders attracting all the attention outside.

NFL matchups

Fire up these borderline wideouts in Week 9:

Marques Colston vs. Tennessee — Colston was back up at 68.9 percent of the snaps in Week 8, suggesting he's finally feeling fresh.

Martavis Bryant vs. Oakland — Bryant never played more than 59.1 percent of snaps last regular season. He was at 81.6 percent Sunday.

Malcom Floyd vs. Chicago — Stevie Johnson is a better play, but Floyd should run a few more high-percentage routes with Keenan Allen done.



Steelers running back DeAngelo Williams is a must-add this week. GETTY IMAGES



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The Bell tolls

The Steelers are a one-back team. So when Le'Veon

Bell returned from suspension, DeAngelo Williams was relegated to strict spectator status. But that doesn't



Sacha Kljestan and the Red Bulls will take on D.C. United Sunday in the MLS playoffs. GETTY IMAGES

Kljestan finally gets a good run in MLS

Red Bulls midfielder Sacha Kljestan thought he would be a New York soccer fixture 10 years ago.



KRISTIAN DYER
@KristianRDyer
sports@metro.us

A decade ago, New York Red Bulls head coach Jesse Marsch and midfielder Sacha Kljestan called themselves teammates at Chivas USA, a team that is now defunct and was lost in the sometimes quirky history of MLS. But it was in those early moments as teammates that the veteran Marsch and the rookie Kljestan, separated by 11 years, made an instant connection.

It's a connection that led to them being reunited here this season for the Red Bulls. But it was a connection that, 10 years earlier, Kljestan was hoping would never happen.

It was 2006 and Kljestan was coming off a star-studded collegiate

career at nearby Seton Hall. He was a member of the Olympic team and a rising star, a surefire stud at the MLS level.

That January at the MLS combine, Kljestan had met with then-MetroStars general manager Alexi Lalas. Kljestan didn't participate at the event because of a slight knee injury but he still went down for the week. In that meeting, he got the impression from Lalas that the MetroStars would select him with the fifth overall pick. It all made sense as they needed a central midfielder and he was the local boy.

Instead, Lalas rocked the league on draft day by trading up for the top pick and selecting Marvell Wynne, a speedy right back. Kljestan went from thinking he'd be playing professional soccer in the shadows of his old school to now wondering where his landing spot would be. Concern began to set in.

Chivas USA had hired former MetroStars head coach Bob Bradley and

they selected Kljestan fifth overall.

It was there at Chivas USA where Kljestan would thrive, learning under Bradley, who would eventually leave to become head coach of the national team. But it was also at Chivas where he first met Jesse Marsch, then a player in MLS.

It was in that first training session as a professional soccer player that Kljestan met Marsch for the first time.

"I remember on our very first training session, we played a small-sided game and he was the best player on the pitch, by far," Kljestan said. "I can still remember the field we were on, the way the game was set-up, I was very impressed with him. I came in knowing he was a player who had some won titles in Chicago. But I didn't really know about him as a player because when you watched the Chicago Fire, you want Piotr Nowak and Ante Razov and those guys. But in those first 30 minutes, I learned a lot about him."

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NHL power rankings | by Rich Slate

No. 1



Habs
(11-2-1)

Montreal is finally facing
a little adversity as Carey
Price is out at least the
rest of this week with a
lower-body injury.
Rookie goaltender Mike
Condon, a complete
unknown, will step in.

No. 2

Rangers
(8-2-2)



The Rangers are rolling.
They've won their last
three games, are 6-1-1
this season at MSG and
are the class of the Metro
Division. They have only
played four road games
(2-1-1) so far but are at
Colorado on Friday and
at Arizona on Saturday.

No. 3

Stars
(10-3-0)



Dallas will never be a
hockey town, but the
Stars certainly deserve
more attention this sea-
son than the hapless
Cowboys. Jamie Benn
and Tyler Seguin are tied
for the NHL lead in
points.

No. 4

Kings
(8-4-0)



The Kings are the hottest
team in the NHL outside
of Dallas. Tuesday's 3-0
shutout of the Blues was
very impressive as backup
goaltender Jhonas Enroth
(24 saves) was in net for
L.A. Bad news? Anze
Kopitar is banged up.

No. 5

Capitals
(8-3-0)



The Caps had been play-
ing well (7-3-0 in their
last 10 games) before
running into the Rang-
ers. The loss at MSG was
Washington's first on
the road this season.
The Caps host Boston on
Thursday and Toronto
on Saturday.

No. 6

Blues
(8-3-1)



It might not last much lon-
ger, but the Blues have the
second-most points in the
Western Conference right
now. St. Louis is 7-2-1 in its
last 10 games but faces a
brutal road trip — against
Chicago, Nashville, New
Jersey and the Rangers.

No. 9

Islanders
(7-3-3)



The Islanders are a point
ahead of the Capitals and
three points ahead of the
Penguins in the jumbled
Metro Division. On Thurs-
day, they visit arguably
the toughest place to win
in the NHL, the Bell Cen-
tre in Montreal.

No. 18

Devils
(6-5-1)



It's hard to figure out how
the Devils have been this
successful, but they're
6-3-1 in their last 10
games. They have their
work cut out for them
this month though, with
games against Chicago,
Vancouver and St. Louis.

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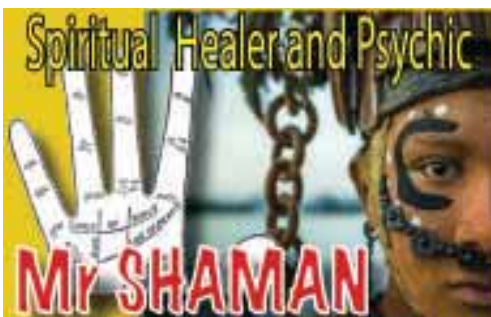
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